

PSHE Key Vocabulary

Year R

Lesson	Me & My Relationships	Valuing Difference	Keeping myself Safe	Rights and Responsibilities	Being My Best	Growing and changing	
Vocabulary	special practice effort same different All about me What makes me special family help special people Me and my special people family friends help Who can help me? feelings happy sad emojis My feelings feelings happy sad kind helpful My feelings (2) special likes dislikes favourite I'm special, you're special same different unkind Same and different Same and different families Same and different homes kind kindness new friend friendship kindness kind and caring (1) kind and caring (2) keep clean keep safe What's safe to go onto my body sleep water food What's safe to go into my body safe unsafe Safe indoors and outdoors safe unsafe tummy feelings uncomfortable safe worried tell adult trust safe worried tell adult trust address R family look after help each other be alone friends look after help each other be alone working together responsibility helpful caring being helpful at home and caring for our classroom environment litter electricity pollution recycling money shop buy cost pay money save safe place Looking after money (1) Looking after money (2) bounce back encourage try again try again bounce back bouncing back when things go wrong Yes, I can! food energy grow fruit vegetable dairy Healthy eating (1) food exercise sleep wash healthy energy grow Healthy eating (2) exercise heart muscles Move your body routine calm sleep A good night's sleep seasons spring summer autumn winter cycle growing life cycles Life stages baby child teenager adult old age Life stages: who will I be? family baby care Where do babies come from? baby child teenager adult grow getting bigger private parts penis vulva Me and my body - girls and boys	environment litter electricity pollution recycling money shop buy cost pay money save safe place Looking after money (1) Looking after money (2) bounce back encourage try again try again bounce back bouncing back when things go wrong Yes, I can! food energy grow fruit vegetable dairy Healthy eating (1) food exercise sleep wash healthy energy grow Healthy eating (2) exercise heart muscles Move your body routine calm sleep A good night's sleep seasons spring summer autumn winter cycle growing life cycles Life stages baby child teenager adult old age Life stages: who will I be? family baby care Where do babies come from? baby child teenager adult grow getting bigger private parts penis vulva Me and my body - girls and boys	environment litter electricity pollution recycling money shop buy cost pay money save safe place Looking after money (1) Looking after money (2) bounce back encourage try again try again bounce back bouncing back when things go wrong Yes, I can! food energy grow fruit vegetable dairy Healthy eating (1) food exercise sleep wash healthy energy grow Healthy eating (2) exercise heart muscles Move your body routine calm sleep A good night's sleep seasons spring summer autumn winter cycle growing life cycles Life stages baby child teenager adult old age Life stages: who will I be? 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Year 1

Lesson	Me & My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing	
Vocabulary	rules safe responsibility work together Why we have classroom rules Thinking about feelings Our feelings Feelings and bodies Our special people balloons Good friends listening How are you listening? same different difference respect unkind unkindness tease bullying behaviour rules safe feelings special people kind unkind bullying fair unfair It's not fair energy food water air oxygen exercise sleep healthy dairy fruit vegetables sugar salt cereal meat Healthy me Super sleep feelings worried nervous scared support unsafe feelings emotions loss harmful responsibility Harold loses Geoffrey What could Harold do? Good or bad touches? Hygiene routine clean environment responsibility rules needs responsible responsibility Taking care of something Harold's money How should we look after our money? Bank first aid I can eat a rainbow Eat well Catch it Bin it Kill it! learning practice make mistakes confidence achievement praise support feedback encourage feelings Pass on the praise! behaviour consequences special person organ heart lungs attention inside my wonderful body! caring love attention Taking care of a baby Then and now Who can help? (2) surprises and secrets Keeping privates private	unkind unkindness tease bullying behaviour rules safe feelings special people kind unkind bullying fair unfair It's not fair energy food water air oxygen exercise sleep healthy dairy fruit vegetables sugar salt cereal meat Healthy me Super sleep feelings worried nervous scared support unsafe feelings emotions loss harmful responsibility Harold loses Geoffrey What could Harold do? Good or bad touches? Hygiene routine clean environment responsibility rules needs responsible responsibility Taking care of something Harold's money How should we look after our money? 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Bank first aid I can eat a rainbow Eat well Catch it Bin it Kill it! learning practice make mistakes confidence achievement praise support feedback encourage feelings Pass on the praise! behaviour consequences special person organ heart lungs attention inside my wonderful body! caring love attention Taking care of a baby Then and now Who can help? (2) surprises and secrets Keeping privates private

Year 2

Lesson	Me and my Relationships										Valuing Difference										Keeping Myself Safe										Rights and Responsibilities										Being my Best										Growing and Changing																																																																										
Vocabulary	happy	rules	feelings	showing feelings	repeated	bullying	help	don't do that	repeated	friendly	friendship	help	unique	respect	feelings	behaviour	calm	aggressive	solve	special people	help	feelings	cooperate	kind	kindness	unkind	feelings	listening	being listened to	medicines	unsafe	feeling	worried	safe	unsafe	feeling	getting help	touch	feelings	uncomfortable	uncomfortable	surprise	secret	safe	unsafe	tell	genitals	penis	share	private	private parts	consent	permission	secret	uncomfortable	unsafe	tell	someone you trust	responsibility	feelings	control	safe	unsafe	responsibility	spending	money	spending	money	save	Harold saves for something special	Harold goes camping	practice	encourage	choose	choices	healthy	unhealthy	vaccination	injection	dental	hygiene	rest	oxygen	water	lungs	stomach	small intestine	large intestine	food	water	brain	heart	supportive	help	support	change	loss	feelings	rest	growing	food	rest	care	emotions	frightened	sleep	care	learning	nipples	private	genitals	penis	private	hazard	danger	accident	kettle	consent	permission	safe	burn	scald	accident	emergency	Basic first aid

Year 3

Lesson	Me & My Relationships										Valuing Difference										Keeping Myself Safe										Right and Responsibilities										Being my Best										Growing and Changing										Cross curricular																																																																																		
Vocabulary	rules	responsibility	care	collaborate	friendship	falling out	making up	conflict	point of view	persuade	opinions	calm	respectful	courteous	apologise	listen	making up	friendship	point of view	persuade	opinions	calm	respectful	courteous	apologise	listen	making up	family	adoption	community	belonging	respect	cooperation	listening skills	politeness	courtesy	manners	similarities	differences	identity	respect	similarities	differences	name calling	bullying	race	colour	sexuality	prejudice	disability	safe	unsafe	feeling	consequence	danger (dangerous)	risk	risky	safer	risk	drugs	phishing	cigarettes	nicotine	alcohol	internet safety	personal information	decisions	risks	strategies	harmful	helpful	instructions	medicines	drugs	volunteer	wellbeing	helper	responsible	opinion	fact	environment	waste	saving	income	spending	earning	income	balanced diet	proteins	muscles	dairy	teeth	bones	water	starchy carbohydrates	energy	fruit & veg	healthy	infection	cleanliness	debate	discussion	ambitions	improve	teamwork	skills	intelligence	trust	caring	respect	touch	jealous	worried	excited	period/menstruation	scared	talk	personal space	surprise	body space	invade	feelings	uncomfortable	uncomfortable	angry	ovary	upset	falling apart	uterus (womb)	lining	vagina	menstruation cup	breasts	genitals	testicles	womb	wet dream	penis	egg	sperm	environment	responsibility	environment

Year 6

	Me & My Relationships										Valuing Differences										Keeping Myself Safe										Rights and Responsibilities										Being My Best										Growing and Changing										Class Contributor									
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
Yearbook	collaboration	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation
Week 1	collaboration	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation	negotiation